

Beyond the Bone Bodywork Newsletter

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Warm Greetings dear friends and clients...

I've wanted for some time now to publish my own little newsletter with interesting information I have picked up in my readings etc, and pass them on to you. It is time to manifest that which I have only dreamed thus far. So here I go with this piece of the dream. Resplendent Salubrity (marvelous health) to you all. Paula

A DAB ON BUTTER AND FATS

How does a farmer fatten her hogs? She feeds them SKIM milk!!!!

"The Wulzen Factor: Called the "anti-stiffness" factor, this compound is present in raw animal fat. Researcher Rosalind Wulzen discovered that this substance protects humans and animals from calcification of the joints - degenerative arthritis. It also protects against hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butterfat is added to the diet. Pasteurization destroys the Wulzen factor - it is present only in *raw butter, raw cream and raw whole milk.*" *Nourishing Traditions, Sally Fallon with Mary Enig, Ph.D*

"The Price Factor or Activator X: Discovered by Dr. Weston Price, Activator X is a powerful catalyst which, like vitamins A and D, helps the body absorb and utilize minerals. It is found in organ meats from grazing animals and some seafood. ***Butter can be an especially rich source of Activator X when it comes from cows eating rapidly growing grass in the spring and fall seasons*** (depending on where in the country the cows are grazing). It disappears in cows fed cottonseed meal, high protein soy-based feeds or even hay. Fortunately, Activator X is not destroyed by pasteurization." *Nourishing Tradition, Sally Fallon with Mary Enig, Ph.D*

WHY DO WE NEED FATS?

1. Fats from animal and vegetable sources provide a concentrated source of energy in the diet.
2. They provide the building blocks for cell membranes and a variety of hormones.
3. As part of a meal they slow down nutrient absorption so that we can go longer without feeling hungry.
4. They act as carriers for important fat-soluble vitamins A, D, E and K.
5. Dietary fats are needed for the conversion of carotene to vitamin A, for mineral absorption and a host of other processes.

The important thing is to know which fats are helpful and which fats are harmful.

So, start stocking up on your butter for the rest of the year now if you can.

These hills are about as green as they are going to get. The yellower the butter the more nutritious it is.

SATURATED VS POLYUNSATURATED FATS

"The scientific evidence, honestly evaluated, does not support the assertion that "artery clogging" saturated fats cause heart disease. Actually, evaluation of the fat in artery clogs reveals that only 26% is saturated (the most highly saturated fats are animal fats and tropical vegetable oils - coconut and palm oils). The rest is unsaturated, of which more than half is polyunsaturated. Modern diets are containing as much as 30% of calories as polyunsaturated oils, primarily from vegetable oils derived from soy, as well as from corn, safflower and canola, but research indicates that this is far too high. The best evidence indicates that our intake of polyunsaturates should not be greater than 4% of the caloric total. Consumption in this range is found in native populations in temperate and tropical regions whose intake of polyunsaturated fatty acids come from the small amounts found in legumes, grains, nuts, green vegetables, fish, and olive oil - not from commercial vegetable oils. Excessive consumption of polyunsaturated oils has been shown to contribute to a large number of disease conditions, including increased cancer and heart disease, immune system

dysfunction, damage to the liver, reproductive organs and lungs, digestive disorders, depressed learning ability, impaired growth and weight gain.

The demonized saturated fats - which Americans are trying to avoid - are *not* the cause of our modern diseases. In fact they play many important roles in the body chemistry: saturated fatty acids constitute at least 50% of the cell membranes, giving them necessary stiffness and integrity so they can function properly; they play a vital role in the health of our bones - for calcium to be effectively incorporated into the skeletal structure, at least 50% of the dietary fats should be saturated; they lower Lp(a), a substance in the blood that indicates proneness to heart disease; they protect the liver from alcohol and other toxins; short and medium chain saturated fatty acids (cow and goat butterfat, and tropical oils) have important antimicrobial properties - they protect us against harmful microorganisms in the digestive tract ." *Nourishing Traditions* , Sally Fallon with Mary Enig, Ph.D

Movie (DVD) Recommendations

Bee Season
and
Spring, Summer, Fall, Winter
and *Spring*

Men Take Note

A massive MRFIT study found when men cut back on their fat intake, their testosterone levels declined.
PPNF Health Journal

Summer Season - Fire Element

Heart and Small Intestine
Blood, Hormones, Endocrine System
Emotions associated with this season:
Love, Joy, Respect, Hate, Impatience